

EASTCHESTER RECREATION VIRTUAL ADULT PILATES PROGRAM



Eastchester Parks and Recreation is pleased to offer for the very first time a virtual Pilates program! The program is for town residents 18 and over. Enjoy some much-needed relaxation from the comfort of your home. The class centers around floor exercises where students use their own resistance through a series of exercises ranging from beginner to advanced. Through this great workout, increase your strength and balance while releasing tension in your body. Improves posture and alignment and can decrease those aches and pains in your back! Participants will be emailed a link to their zoom class for which they will use to interact with the instructor.

<u>Who</u>	<u>When</u>	<u>Time</u>	<u>Class Dates</u>
Residents 18+	Wednesdays	6:00—7:00 PM	4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

Participant's Name: _____

Address: _____ City/Town: _____ Zip: _____

E-Mail: _____ Home Phone: _____

Cell Phone: _____ D.O.B.: _____

Fee is \$120.00—Checks payable to TOWN OF EASTCHESTER

The undersigned hereby releases the Town of Eastchester, its Board, employees, and volunteers of any liability whatsoever in connection with any damages and/or injury that the above-named person may sustain as a result of his/her participation in the above-named program. I further state the above information is accurate and realize that any false information will result in cancellation of program participation with no refunds.

SIGNATURE: _____

DATE: _____

Office Use Only:

Check # _____

Cash _____
Date _____

Signature _____
Receipt # _____